

HEALTH AND RETIREMENT SURVEY— WAVE II

For Office Use Only

Project 133 (466473)
Study Phase Code: 5
Apr.-Dec. 1994



The University of Michigan
Survey Research Center
Institute for Social Research
Ann Arbor, MI 48106

1. Interviewer's Label

2. SAMPLE ID:

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3. RELEASE #:

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5. This Iw No.:

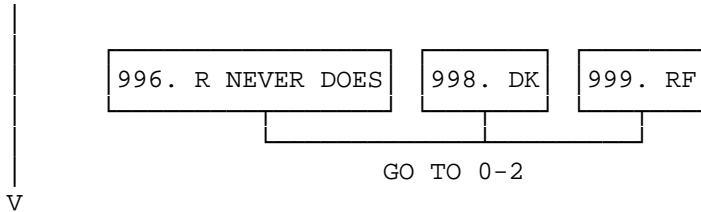
MODULE 0

MODULE 0: ACTIVITIES AND NUTRITION

Now I have some questions on physical activity and nutrition. We sometimes ask questions in different ways to see how question wording affects people's answers, so some of these questions may seem familiar.

0-1. Please tell me how often you do light physical activity--such as walking, dancing, gardening, golfing, or bowling?

_____ TIMES PER WEEK / MONTH / YEAR / OTHER PERIOD:



0-1a. What kind of light physical activity do you do most often?

0-1b. Each time you [FILL FROM 0-1a], about how long do you spend doing it?

_____ NUMBER OF MINUTES / HOURS

0-2. What was your weight at age 18?

_____ POUNDS

0-3. Now I'm going to ask you about a list of food items. Please tell me how often during the past three months you have consumed each item, either by itself or as part of mixed dishes.

FOOD ITEM	FREQUENCY OF CONSUMPTION
a. Let's start with <u>poultry, such as chicken or turkey.</u> About how often did you eat poultry during the past three months?	<div style="display: flex; justify-content: space-between;"> <div style="border: 1px solid black; padding: 2px;">X91. AT LEAST ONCE A DAY</div> <div style="border: 1px solid black; padding: 2px;">X96. NEVER</div> </div> <p style="text-align: center;">_____ PER _____ (# OF TIMES) (TIME PERIOD)</p>
b. About how often did you eat <u>beef, pork, or lamb?</u>	<div style="display: flex; justify-content: space-between;"> <div style="border: 1px solid black; padding: 2px;">X91. AT LEAST ONCE A DAY</div> <div style="border: 1px solid black; padding: 2px;">X96. NEVER</div> </div> <p style="text-align: center;">_____ PER _____ (# OF TIMES) (TIME PERIOD)</p>
c. About how often did you eat any <u>processed meats, such as frankfurters or luncheon meats,</u> during the past three months?	<div style="display: flex; justify-content: space-between;"> <div style="border: 1px solid black; padding: 2px;">X91. AT LEAST ONCE A DAY</div> <div style="border: 1px solid black; padding: 2px;">X96. NEVER</div> </div> <p style="text-align: center;">_____ PER _____ (# OF TIMES) (TIME PERIOD)</p>

d. (About how often did you eat) <u>fish or shellfish</u> ?	<div style="display: flex; justify-content: space-between;"> <div style="border: 1px solid black; padding: 2px;">X91. AT LEAST ONCE A DAY</div> <div style="border: 1px solid black; padding: 2px;">X96. NEVER</div> </div> <p style="text-align: center;">_____ PER _____ (# OF TIMES) (TIME PERIOD)</p>
e. (About how often did you drink) <u>lowfat milk</u> ?	<div style="display: flex; justify-content: space-between;"> <div style="border: 1px solid black; padding: 2px;">X91. AT LEAST ONCE A DAY</div> <div style="border: 1px solid black; padding: 2px;">X96. NEVER</div> </div> <p style="text-align: center;">_____ PER _____ (# OF TIMES) (TIME PERIOD)</p>
f. (About how often did you drink) <u>whole milk</u> ?	<div style="display: flex; justify-content: space-between;"> <div style="border: 1px solid black; padding: 2px;">X91. AT LEAST ONCE A DAY</div> <div style="border: 1px solid black; padding: 2px;">X96. NEVER</div> </div> <p style="text-align: center;">_____ PER _____ (# OF TIMES) (TIME PERIOD)</p>
g. About how often did you eat other dairy products, such as <u>yogurt or cheese</u> , during the past three months?	<div style="display: flex; justify-content: space-between;"> <div style="border: 1px solid black; padding: 2px;">X91. AT LEAST ONCE A DAY</div> <div style="border: 1px solid black; padding: 2px;">X96. NEVER</div> </div> <p style="text-align: center;">_____ PER _____ (# OF TIMES) (TIME PERIOD)</p>
h. (About how often did you eat) <u>eggs</u> ?	<div style="display: flex; justify-content: space-between;"> <div style="border: 1px solid black; padding: 2px;">X91. AT LEAST ONCE A DAY</div> <div style="border: 1px solid black; padding: 2px;">X96. NEVER</div> </div> <p style="text-align: center;">_____ PER _____ (# OF TIMES) (TIME PERIOD)</p>
j. (About how often did you eat) <u>sweet baked goods, such as cookies or sweet rolls</u> ?	<div style="display: flex; justify-content: space-between;"> <div style="border: 1px solid black; padding: 2px;">X91. AT LEAST ONCE A DAY</div> <div style="border: 1px solid black; padding: 2px;">X96. NEVER</div> </div> <p style="text-align: center;">_____ PER _____ (# OF TIMES) (TIME PERIOD)</p>
k. (About how often did you eat) <u>breads</u> ?	<div style="display: flex; justify-content: space-between;"> <div style="border: 1px solid black; padding: 2px;">X91. AT LEAST ONCE A DAY</div> <div style="border: 1px solid black; padding: 2px;">X96. NEVER</div> </div> <p style="text-align: center;">_____ PER _____ (# OF TIMES) (TIME PERIOD)</p>
m. (About how often did you eat) <u>rice and other grains, such as barley or oats</u> ?	<div style="display: flex; justify-content: space-between;"> <div style="border: 1px solid black; padding: 2px;">X91. AT LEAST ONCE A DAY</div> <div style="border: 1px solid black; padding: 2px;">X96. NEVER</div> </div> <p style="text-align: center;">_____ PER _____ (# OF TIMES) (TIME PERIOD)</p>

<p>n. About how often did you eat <u>pasta, such as spaghetti or noodles</u>, during the past three months?</p>	<div style="display: flex; justify-content: space-between;"> <div style="border: 1px solid black; padding: 2px;">X91. AT LEAST ONCE A DAY</div> <div style="border: 1px solid black; padding: 2px;">X96. NEVER</div> </div> <p style="text-align: center;">_____ PER _____ (# OF TIMES) (TIME PERIOD)</p>
<p>p. (About how often did you eat) <u>pizza</u>?</p>	<div style="display: flex; justify-content: space-between;"> <div style="border: 1px solid black; padding: 2px;">X91. AT LEAST ONCE A DAY</div> <div style="border: 1px solid black; padding: 2px;">X96. NEVER</div> </div> <p style="text-align: center;">_____ PER _____ (# OF TIMES) (TIME PERIOD)</p>
<p>q. (About how often did you eat) <u>potatoes</u>?</p>	<div style="display: flex; justify-content: space-between;"> <div style="border: 1px solid black; padding: 2px;">X91. AT LEAST ONCE A DAY</div> <div style="border: 1px solid black; padding: 2px;">X96. NEVER</div> </div> <p style="text-align: center;">_____ PER _____ (# OF TIMES) (TIME PERIOD)</p>
<p>r. (About how often did you eat) <u>fortified breakfast cereals -- the ones with added vitamins or minerals</u>?</p>	<div style="display: flex; justify-content: space-between;"> <div style="border: 1px solid black; padding: 2px;">X91. AT LEAST ONCE A DAY</div> <div style="border: 1px solid black; padding: 2px;">X96. NEVER</div> </div> <p style="text-align: center;">_____ PER _____ (# OF TIMES) (TIME PERIOD)</p>
<p>s. (About how often did you eat) <u>other breakfast cereals</u>?</p>	<div style="display: flex; justify-content: space-between;"> <div style="border: 1px solid black; padding: 2px;">X91. AT LEAST ONCE A DAY</div> <div style="border: 1px solid black; padding: 2px;">X96. NEVER</div> </div> <p style="text-align: center;">_____ PER _____ (# OF TIMES) (TIME PERIOD)</p>
<p>t. About how often did you eat <u>peas, beans, or other legumes</u> during the past three months?</p>	<div style="display: flex; justify-content: space-between;"> <div style="border: 1px solid black; padding: 2px;">X91. AT LEAST ONCE A DAY</div> <div style="border: 1px solid black; padding: 2px;">X96. NEVER</div> </div> <p style="text-align: center;">_____ PER _____ (# OF TIMES) (TIME PERIOD)</p>
<p>u. (About how often did you eat) <u>other vegetables</u>?</p>	<div style="display: flex; justify-content: space-between;"> <div style="border: 1px solid black; padding: 2px;">X91. AT LEAST ONCE A DAY</div> <div style="border: 1px solid black; padding: 2px;">X96. NEVER</div> </div> <p style="text-align: center;">_____ PER _____ (# OF TIMES) (TIME PERIOD)</p>
<p>v. (About how often did you eat or drink) <u>fruits or fruit juices</u>?</p>	<div style="display: flex; justify-content: space-between;"> <div style="border: 1px solid black; padding: 2px;">X91. AT LEAST ONCE A DAY</div> <div style="border: 1px solid black; padding: 2px;">X96. NEVER</div> </div> <p style="text-align: center;">_____ PER _____ (# OF TIMES) (TIME PERIOD)</p>

<p>w. (About how often did you eat) <u>butter, margarine, mayonnaise, or salad dressing?</u></p>	<div style="display: flex; justify-content: space-between;"> <div style="border: 1px solid black; padding: 2px; width: 45%;">X91. AT LEAST ONCE A DAY</div> <div style="border: 1px solid black; padding: 2px; width: 45%;">X96. NEVER</div> </div> <p style="text-align: center;">_____ PER _____ (# OF TIMES) (TIME PERIOD)</p>
<p>x. (About how often did you eat) <u>candy?</u></p>	<div style="display: flex; justify-content: space-between;"> <div style="border: 1px solid black; padding: 2px; width: 45%;">X91. AT LEAST ONCE A DAY</div> <div style="border: 1px solid black; padding: 2px; width: 45%;">X96. NEVER</div> </div> <p style="text-align: center;">_____ PER _____ (# OF TIMES) (TIME PERIOD)</p>
<p>y. About how often did you drink <u>soft drinks sweetened with sugar</u> during the past three months?</p>	<div style="display: flex; justify-content: space-between;"> <div style="border: 1px solid black; padding: 2px; width: 45%;">X91. AT LEAST ONCE A DAY</div> <div style="border: 1px solid black; padding: 2px; width: 45%;">X96. NEVER</div> </div> <p style="text-align: center;">_____ PER _____ (# OF TIMES) (TIME PERIOD)</p>
<p>z. (About how often did you drink) <u>coffee or tea?</u></p>	<div style="display: flex; justify-content: space-between;"> <div style="border: 1px solid black; padding: 2px; width: 45%;">X91. AT LEAST ONCE A DAY</div> <div style="border: 1px solid black; padding: 2px; width: 45%;">X96. NEVER</div> </div> <p style="text-align: center;">_____ PER _____ (# OF TIMES) (TIME PERIOD)</p>
<p>aa. (About how often did you drink) any <u>alcohol, including liquor, beer, and wine?</u></p>	<div style="display: flex; justify-content: space-between;"> <div style="border: 1px solid black; padding: 2px; width: 45%;">X91. AT LEAST ONCE A DAY</div> <div style="border: 1px solid black; padding: 2px; width: 45%;">X96. NEVER</div> </div> <p style="text-align: center;">_____ PER _____ (# OF TIMES) (TIME PERIOD)</p>